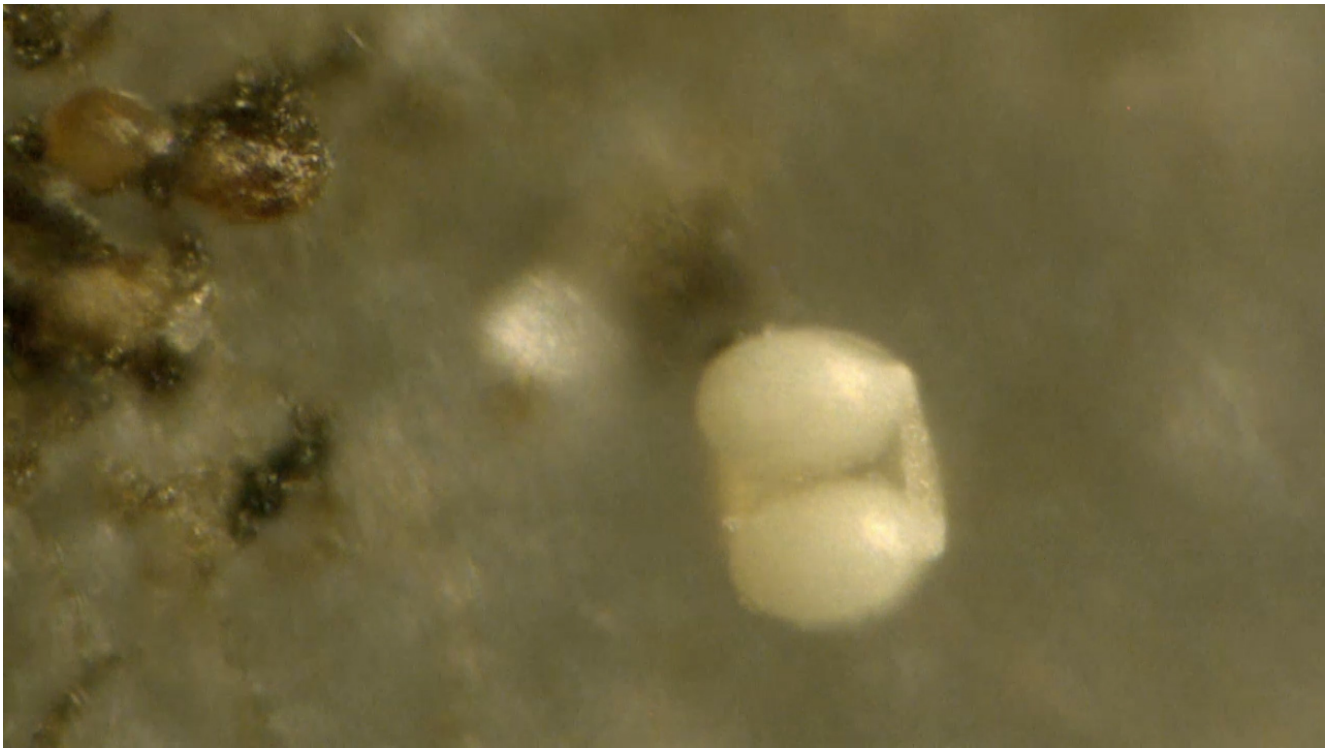
How to detox from metals falling out of the sky

04/07/2025 // Laura Harris // **1.8K** Views

Tags: badhealth, badpollution, Dangerous, detoxification, Florida, food, heavy metal exposure, Heavy metals, metals, microscopic findings, Mike Adams, Ruby Jane, superfoods, supplements, toxic chemicals



- Dr. Jane Ruby, an environmental scientist, collected a sample over six months from a plastic sheet covering tomato plants. Under a digital microscope, the sample revealed unusual biological structures, including tiny egg-like structures, bacterial colonies, fungal formations and algal features.

- ICP-MS analysis of the sample showed alarmingly high levels of heavy metals, particularly aluminum. Mike Adams, an experienced analyst, emphasized the severity of these findings, suggesting a potential deliberate mass poisoning.

- To combat heavy metal exposure, several foods and superfoods are recommended, including chlorella, spirulina, garlic, cilantro, turmeric, ginger, lemons, limes, flaxseeds, chia seeds, kombu seaweed, apples and pears. These foods support liver function, boost the immune system, and enhance detoxification processes.

- Effective supplements for detoxification include activated charcoal, sulfhydryl-containing amino acids (NAC, L-cysteine, L-methionine), milk thistle, zeolites, green tea, glutathione, vitamin C, vitamin B1 (thiamine), selenium, beta-carotene and oxygenated silver. These supplements aid in binding and eliminating heavy metals and supporting overall health.

- Maintaining a high-fiber diet and staying hydrated are crucial for enhancing the excretion of heavy metals. Sauna therapy, which promotes sweating, can also help remove metals stored in fat tissues, further supporting the detoxification process.

Dr. Jane Ruby has revealed in an interview with Health Ranger Mike Adams her discovery of mysterious biological structures and alarming levels of heavy metals in a sample collected near West Palm Beach, Florida.

Ruby, a local environmental scientist, collected the sample for over six months from a plastic sheet covering tomato plants on her property. Nothing was really unusual, until the samples were put under a digital microscope and analyzed through Inductively Coupled Plasma Mass Spectrometry (ICP-MS).

Under the microscope, the sample revealed a plethora of strange biological structures, including tiny egg-like structures, bacterial colonies, fungal formations and algal features. Adams described the most intriguing findings as diploid egg-like structures, often appearing with connecting center or side structures.

"The most zoomed-in photos are taken at a magnification of around 2000x. We don't yet know what they are, but they frequently appear in a diploid format with connecting center structures or side structures," Adams wrote in his article for *Natural News.*

Alarming heavy metal concentrations: A potential health crisis

The ICP-MS analysis, which Adams plans to publish in a more detailed and separate article, revealed terrifying levels of heavy metals, particularly aluminum. Adams, who has extensive experience in analyzing heavy metals, emphasized the gravity of these findings.

"Note that I am not easily shocked by heavy metals lab results. Having run a mass-spec lab for 12 years now – and tested over 10,000 samples of food, hair, soils and more – I'm the person who routinely chides others for screaming about things like 20 ppb of arsenic in infant formula or 10 ppb of glyphosate in beer. At those very low levels, those substances are inconsequential and pose no health risk whatsoever.

"But what I'm seeing with this sample in the ICP-MS lab results points toward a deliberate mass poisoning of the American people on a grand scale," he wrote.

Foods, superfoods and supplements that can help detoxify your body

Given the alarming levels of heavy metals found in the sample collected by Ruby, it is crucial to take proactive steps to detoxify your body. Here are some foods, superfoods and supplements that can help: (Related: Probiotics REMOVE heavy metals from your body.)

Foods and superfoods

- **Chlorella and Spirulina -** These algae are powerful detoxifiers, known for their ability to bind to heavy metals like mercury and help remove them from the body. They are rich in chlorophyll, which supports the liver and enhances detoxification processes.

- **Garlic -** Garlic contains sulfur compounds that support the liver in detoxifying heavy metals. It also boosts the immune system and has anti-inflammatory properties.

- **Cilantro -** Often used in chelation therapy, cilantro is effective in removing heavy metals like mercury, lead and aluminum from the body. It can be added to salads, smoothies, or used as a garnish.

- **Turmeric -** Curcumin, the active compound in turmeric, has strong anti-inflammatory and antioxidant properties. It supports liver function and aids in detoxification. Consider

adding it to your meals or taking it as a supplement.

- **Ginger -** Ginger promotes digestion and helps the body eliminate toxins. It also has anti-inflammatory properties and can be consumed as a tea or added to meals.

- **Lemons and limes -** Citrus fruits are rich in vitamin C, which supports the immune system and helps the body eliminate toxins. They can be added to water or used in recipes to enhance their benefits.

- **Flaxseeds and chia seeds -** These seeds are high in fiber and omega-3 fatty acids, which support digestive health and help the body eliminate toxins.

- **Kombu Seaweed -** Contains alginate, which binds to heavy metals.

- **Apples and pears (low-methoxyl pectin) -** Fiber in these fruits binds to metals and aids elimination.

Supplements

- **Activated charcoal -** This supplement can bind to toxins and heavy metals in the digestive tract, preventing their absorption and aiding in their elimination.

- **Sulfhydryl-containing amino acids -** Sulfhydryl-containing amino acid, like N-acetyl cysteine (NAC) – N-Acetyl Cysteine, L-cysteine, L-methionine, is an amino acid that supports the production of glutathione, a powerful antioxidant that helps the body detoxify heavy metals.

- **Milk thistle -** Known for its liver-protecting properties, milk thistle can help support the liver's detoxification processes and protect it from damage caused by heavy metals.

- **Zeolites -** These minerals have a unique structure that can trap heavy metals and other toxins, helping to remove them from the body. They are often used in detox protocols.

- **Green tea -** Rich in antioxidants, green tea supports liver health and aids in detoxification. It can be consumed as a beverage or taken as a supplement.

- **Glutathione -** The body's master antioxidant; supports liver detox pathways.

- **Vitamin C -** Antioxidant that helps neutralize free radicals from heavy metals.

- **Vitamin B1 (Thiamine) -** Supports detox processes and neurological protection.
- **Selenium -** Protects against mercury toxicity and supports glutathione activity.
- **Beta-carotene -** Antioxidant that helps mitigate oxidative stress from metals.
- **Oxygenated silver -** Helps eliminate bacteria, viruses and fungi that may coexist with heavy metal toxicity.

You should also maintain a high-fiber diet, which enhances the excretion of heavy metals. Hydration is also crucial, as it helps flush toxins through the kidneys. Additionally, sauna therapy, which promotes sweating, can assist in removing metals stored in fat tissues.

Watch this video about heavy metals in the food supply.

Heavy metals in food supply

This video is from the YouCantFoolPops channel on *Brighteon.com.*

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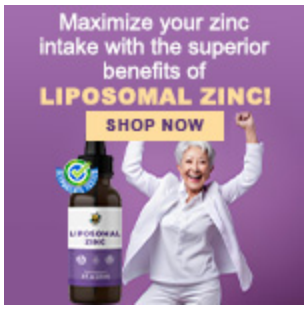

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